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Let Color Set the Mood

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COLOR

FEW OF US REALIZE what a tangible effect color has on our lives. Did you ever stop to think just what you're saying when you remark that "He saw red.", "I feel so blue.", "I was green with envy.?" Psychologists have done a great deal of research on color. Not on the technical angle, but the "human" angle. How does color actually affect people? How can we use the psychologists' findings to help us decorate our homes or business places?

One important aspect to consider when choosing a color scheme is how much time will be spent in that particular room. Many times you may have walked into a restaurant or shop and commented favorably on the bold colors and bizzare prints they have used in decorating. But would you like to have them in your living room or bedroom? Of course not. They would make you tired just because you were looking at them. For the few minutes that you spend in the shop or restaurant, those bright unusual colors are eye-catching and exciting, but for a room in which you'll spend hours at a time you'll find that softer, more muted colors will be easier to take and much more restful.

However, this doesn't mean that every room in a home should have dull monotonous colors. Some bright, gay splashes of color give a room a carefree air if they aren't overdone. Quite contrary to belief, a room with completely muted colors does not relieve the jitters of a nervous person. If there isn't sufficient color relief in the form of gay, active color, the room will have a depressing rather than a quieting effect.

Psychology and Color

Those psychological aspects of color may be great enough to produce surprising physical effects. Rose and red make you feel warm and cosy. You have a better appetite in a peach colored dining room. Appetizing colors for kitchen or dining room are lettuce green with apple red. Bright colors are popular for kitchens where they relieve the monotony of kitchen chores, but these colors must not be so bright that they distract. Airlines serving meals aloft carefully avoid yellow dishes, because the color promotes air sickness.

Cool colors such as blue and green-blue actually reduce blood pressure and induce relaxation and are especially good for use in bedrooms. Of course, the exposure of the room and the climate must be considered. Touches of warm colors have a place even in coolly colored rooms. And furniture that is light blue

set the mood

by *Darleen Bornschein*

Technical Journalism Sophomore

or green seems much easier to lift than pieces upholstered in black or brown.

In the living room, where you especially want furnishings and guests to stand out, walls of soft, dark hues make a pleasing background that doesn't pull the eyes away from the more important.

Color can make a world of difference in a room or in a person. Use it wisely and it will repay you with exactly the effect you want.

You'll Like Home Management

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We're still laughing over the time Barb invited her bacteriology professor and his wife to dinner while she was cook. The food tasted good to us, but the professor didn't return to class for two weeks. I hasten to add that he was doing research and was really quite healthy, but it makes a good story.

Dish Washing Time

Do you know when we had some of our best times? While doing the dishes! With four of us on the job it didn't take long, but it gave us an opportunity to perfect our four-part vocal harmony. It's a good thing Freddy was immune to noise. Otherwise the poor boy wouldn't have slept much.

And then there was Freddy himself, the king of the household. With nine attentive women to look after him he didn't know the meaning of the Iowa State ratio. "Do you really think he's cuter than when we got him, or is it just because we know him so much better?" We never could figure that one out, but there was no doubt that Freddy's harem thought he was wonderful.

Then suddenly it was graduation time. The books had been sent to the auditor for the last time, the house was all cleaned for the next group and our bags were packed ready to go home. Home management was over. In six weeks I had been able to apply the home economics that I had been studying for three years. And was I surprised at how much I had learned! Instead of a dreaded ordeal it had turned out to be the most enjoyable and rewarding experience I had had at Iowa State.

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